



Medical treatment of Endometriosis (Zoladex/ Tibolone) Patient Information

Endometriosis is a common cause of reduced fertility and pelvic pain. Surgical treatment may improve symptoms. But without additional therapy, persisting disease and recurrence is common.

How Zoladex works?

- Zoladex (Goserelin) is a GnRH agonist that stops the production of your hormones (FSH and LH) that control follicle development and ovulation.
- Oestrogen is a hormone produced by growing follicles and drives endometrial cell growth.
- By stopping follicle growth, Zoladex suppresses oestrogen production and treats endometriosis.

Possible side effects and how to avoid them:

- Whilst on Zoladex, you will have very low oestrogen levels, and this commonly causes side effects such as hot flushes, night sweats, joint aches, headaches and mood symptoms.
- To minimise/ stop these side effects, we prescribe Tibolone, a daily tablet that binds to oestrogen receptors and stops these unwanted side effects.
 - The best part of Tibolone is that it has an anti-oestrogenic effect on endometrial cells, so it does not counteract the beneficial effect Zoladex has on treating endometriosis.

Treatment Process:

- We start Zoladex usually in the first 5 days of your menstrual cycle. This is to ensure there is no risk of pregnancy or large follicle present when starting.
- Tibolone is usually started ~2-4 days later.
 - We advise one tablet at night (with food). If side effects are experienced, talk to your doctor as we can increase the dose of Tibolone.
- Zoladex is a monthly injection. It is usually given for 3-6 months in total.
 - With our technique, the injection should be PAINLESS.
- It is common to experience vaginal bleeding (similar to a period) around 2 weeks after your first injection. From that point onwards, most patients will have no periods whilst on the medication.
- Zoladex is a reversible treatment. It does not cause you to go into menopause!

*Please note this information sheet is not meant to replace medication information and advice